

Course and laps

Ocean Lava Lanzarote 2026

Current published totals, your lap cues and briefing questions.



Current published distances

Olympic		
SWIM	BIKE	RUN
1,500 m	40 km	10 km
Lap count: confirm	3 published laps	2 published laps

Supersprint		
SWIM	BIKE	RUN
400 m	Not verified km	2.5 km
1 published laps	1 published laps	1 published laps

Olympic relay		
SWIM	BIKE	RUN
1,500 m	40 km	10 km
Lap count: confirm	3 published laps	2 published laps

My entered format

My bike lap-count cue

My run lap-count cue

My last-lap exit cue

Do not infer identical lap lengths by dividing the total distance. Confirm linking sections, the final exit and any changed route with officials.

04 / YOUR REFERENCE CARD

Bring the right questions.

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Published references are separate from your personal planning spaces.



Swim instructions confirmed at the briefing

Mount / dismount instructions checked

My course / lap questions

READ THE CURRENT COURSE

2026 rules: distances, laps and conflicts

oceanlavalanzarote.com

Verified 2026 road-closure map

oceanlavalanzarote.com

PUBLISHED CUTOFFS: CHECK YOUR FORMAT

00:30 elapsed / Supersprint / swim

01:00 elapsed / Supersprint / bike

00:30 elapsed / Supersprint / run

01:15 elapsed / Olympic / swim

02:00 elapsed / Olympic / bike

01:30 elapsed / Olympic / run

Elapsed durations and fixed clock deadlines are different. Confirm the official timing basis for your format.

WHAT STILL NEEDS A CHECK

- The 2026 rules include conflicting Olympic swim text (400 m versus 1,500 m elsewhere). Exact swim laps, Supersprint bike kilometres and the cutoff timing basis need confirmation.
- Older course pages retain 2025 headings and 2023 KMZ files. The programme links a 2025 road PDF despite its 2026 label; use the separately verified 24 October 2026 road plan. Exact venue entrances and parking remain unverified.

YOUR OFFICIAL SOURCE

Official event site: final athlete instructions and updates

oceanlavalanzarote.com/

